

# Partner Dancing. Great fun & exercise... no partner required to join in!

# Dance Like the Stars!

**Location: North Kirkland Community Center**

Adults & Teens, Couples & Singles Welcome! Professional Certified Instructor: Lynn Gross

## Ballroom Favorites

### Ballroom Favorites: Level 1

Everyone will enjoy learning the basics and simple variations of the ever-popular and always-in-style classics: Romantic Waltz, Smooth Fox Trot, Lively Jitterbug Swing, and time permitting, a bit of Sensual Tango. You'll be gliding around the floor in the very first lesson.

*No experience needed! • Resident \$54 / Non-Resident \$65*

Tues	7:30–8:30pm	June 24–July 22	42313
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### Ballroom Favorites: Level 2

Gain comfort and confidence with leading and following as you learn new and pleasing pattern variations in Waltz, Fox Trot, Jitterbug Swing... and time permitting, Tango.

*Pre-requisite: Level 1, equivalent experience, or instructor permission • 4 weeks • Resident \$46 / Non-Resident \$55*

Tues	7:30–8:30pm	July 29–Aug 19	42314
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## West Coast Swing

### West Coast Swing: Level 1

Contemporary, modern, stylish swing—the most music friendly & versatile of all partner dances! Solid foundational patterns and teaching techniques make learning this popular dance simple, logical & fun! Lots of repetition will boost your learning curve and muscle memory, increasing your fun in classes and on the dance floor. Even if you've taken West Coast Swing classes before, you are guaranteed to learn new and exciting ways to enhance this popular style of swing.

*No experience needed! • 5 weeks*

*Resident \$54 / Non-Resident \$65*

Tues	7:30–8:30pm	Apr 15–May 13	42309
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### West Coast Swing: Level 2

Add more fun and boost your swing skills with popular pattern variations and enhanced partnering techniques! Time to review and become more comfortable with level 1 Basics will be included. Patterns and styling in each Level 2 series differ from the last—the more times you participate, the more you learn... and the more comfortable and confident you'll become.

*Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65*

Tues	7:30–8:30pm	May 20–June 17	42310
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## Night Club Two Step

### Night Club Two Step: Level 1

This is romantic dancing at its finest—a dreamy dance for easy-listening, soft-rock love songs played at parties, night clubs, weddings, on cruise ships, and at many local dances. Learn patterns that stay in a small area for crowded dance floors, patterns that glide across the floor when there's room to move, and how to blend these moves for added versatility. Easy leading, following and turning techniques included.

*No experience needed! • 5 weeks*

*Resident \$54 / Non-Resident \$65*

Tues	8:30–9:30pm	Apr 15–May 13	42311
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### Night Club Two Step: Level 2

Continue to develop your romantic side! Learn simple pattern variations and partnering techniques in this popular dance. Previous participation in a beginning level class, or the equivalent, is required. Each Level 2 series differs from the last—the more times you participate, the more you learn, and the more your dance skills expand!

*Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65*

Tues	8:30–9:30pm	May 20–June 17	42312
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## Latin Sampler

### Latin Sampler: Level 1

Get moving with the Latin beat! Learn the basics and simple variations of the popular and timeless Latin dances: Rumba (sensual & romantic), Salsa (sizzling) and Cha-Cha (energetic & rhythmic). Time permitting, an introduction to Tango (lively & a bit dramatic) will be included.

*No experience needed! All ability levels, couples & singles welcome • 5 weeks • Resident \$54 / Non-Resident \$65*

Tues	8:30–9:30pm	June 24–July 22	42315
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### Latin Sampler: Level 2

Become more comfortable and gain confidence with leading and following as you learn new and pleasing pattern variations in Rumba, Salsa and Cha-Cha (and if time, Tango.) A brief review & practice of each dance will be included prior to moving into new material.

*Prerequisite: Level 1, equivalent experience, or instructor permission • 4 weeks • Resident \$46 / Non-Resident \$55*

Tues	8:30–9:30pm	July 29–Aug 19	42316
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## Ballet

**Instructor:** Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 18 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

### Ballet Basics

Have you always wanted to take a ballet class but something got in the way? Now that you have the time, do you feel like you're too old and it's too late! Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone from young adult to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence and body-centered awareness. This class is for those with little or no dance training but who want to embrace one of the most beautiful and graceful of all dance styles.

*Location: PKCC • No class 5/26, 6/9 & 6/30*

**6 classes • Resident \$66 / Non-Resident \$79**

Mon	6:15–7:15pm	Apr 7–May 12	41666
Mon	6:15–7:15pm	May 19–July 14	41667

**4 classes • Resident \$44 / Non-Resident \$53**

Mon	6:15–7:15pm	July 21–Aug 11	41669
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### Ballet – Open Level

Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability.

*Location: PKCC • No class 7/2 • 6 classes  
Resident \$66 / Non-Resident \$79*

Wed	6:15–7:15pm	Apr 2–May 7	41671
Wed	6:15–7:15pm	May 14–June 18	41672
Wed	6:15–7:15pm	June 25–Aug 6	41673

### Beginning Ballet for Everyone

**NEW!** This class is designed to meet the specific needs of the beginning ballet student. Students will be introduced to the fundamentals of ballet in a positive and supportive environment.

*Location: PKCC • 6 classes • No class 6/9, 6/30 & 7/2  
Resident \$50 / Non-Resident \$60*

Wed	5:20–6:05pm	April 2–May 7	41633
Wed	5:20–6:05pm	May 14–June 18	41635
Wed	5:20–6:05pm	June 25–Aug 6	41636

## Belly Dance

### Shimmy and Sway – Beginning Belly Dance

**Ages 17 to adult**

Begin your transformation! Belly dance isolates and works your abs, hips, tummy, and arms. It increases flexibility, and improves posture as it tightens and tones. In this class we welcome and appreciate all shapes and sizes, so tie a scarf around your hips and get ready to shimmy and sway to the sensual dance of Egyptian Cabaret Belly dance.

*Please bring bottled water and a long scarf to tie around the hips • Instructor: Josette Minaglia 'Athena'  
Location: NKCC*

**7 weeks • Resident \$70 / Non-Resident \$84**

Tue	6:40–7:40pm	Apr 15–May 27	42303
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**8 weeks • Resident \$80 / Non-Resident \$96**

Tue	6:40–7:40pm	June 10–July 29	42304
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### Belly Dance Advanced

**Ages 18 to adult**

This class illustrates techniques for solo and troupe performances along with costume designing. A combination of basic and advanced moves will be taught in a choreographed piece of music which will give students the finishing touch and personal style to their dance.

*Please bring bottled water and a long scarf to tie around the hips • Instructor: Josette Minaglia 'Athena'  
Location: NKCC*

**7 weeks • Resident \$70 / Non-Resident \$84**

Tue	7:45–8:45pm	Apr 15–May 27	42305
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**8 weeks • Resident \$80 / Non-Resident \$96**

Tue	7:45–8:45pm	June 10–July 29	42306
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**3 weeks • Resident \$30 / Non-Resident \$36**

Tue	7:45–8:45pm	Aug 5–19	42307
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# Adult Dance CLASS LOCATIONS VARY

## Folk Dancing

### The Mountaineer's International Folk Dancing

**NEW!** Learn line dances, couple dances and mixers from many countries including the waltz, two-step, tango, hambo, schottische and polka. Walk through beginner level dances in the first hour, the second hour is dedicated to requests with walk-throughs for simpler dances. This fun and lively class is open to everyone, no partner or experience needed!

Location: PKCC • 4 classes  
Resident \$25 / Non-Resident \$30  
Drop-In Rate Resident \$8 / Non-Resident \$10

Tue	7:30–9:30pm	Apr 1–22	42432
Tue	7:30–9:30pm	Apr 29–May 20	42433
Tue	7:30–9:30pm	May 27–June 17	42434
Tue	7:30–9:30pm	June 24–July 15	42435
Tue	7:30–9:30pm	July 22–Aug 12	42436



## Line Dance

### Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Joe in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Joe Mraz • 6 classes  
No class 6/3 • Resident \$30 / Non-Resident \$36  
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Apr 1–May 6	41674
Tue	10–11am	May 13–June 24	41675
Tue	10–11am	July 1–Aug 5	41676

## Hula Dance

Hula is for everyone, it's a great way to stay in shape and have fun while dancing. Hula works the entire body and also engages the mind. It is a unique blend of balance, motion, and mental concentration. Hula will lift your spirits and give you an energy boost.



### Beginning Hula For Adults

This class will concentrate on the basic foot and hand motions as you experience the Hawaiian culture and Spirit of Aloha. Both ancient (Hula Kahiko) and modern (Hula 'auana) will be taught.

Wear comfortable clothing (shorts or pants and T-shirts)  
— NO JEANS PLEASE! Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 10 weeks • Resident • \$100 / Non-Resident \$120  
Wed 6:30–7:15pm Apr 16–June 18 42297

Summer 6 weeks • Resident • \$60 / Non-Resident \$72  
Wed 6:30–7:15pm July 9–Aug 13 42298

### Intermediate Hula

For those with hula experience and an understanding of the basic steps. This fast-paced class will introduce hula implements such as ipu, 'uli'uli, 'ili'ili, pu'ili. Both Kahiko and 'auana will be taught along with a focus on general technique. Some Hawaiian language taught as it pertains to hula, along with lyrics and the background of every dance learned. Optional public performances.

Wear a pa'u skirt if you have one, otherwise comfortable clothing — NO JEANS PLEASE! Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 10 weeks • Resident • \$100 / Non-Resident \$120  
Wed 7:15–8:15pm Apr 16–June 18 42299

Summer 6 weeks • Resident • \$60 / Non-Resident \$72  
Wed 7:15–8:15pm July 9–Aug 13 42300

### Advanced Hula

Advanced Hula is for the dancer with a more extensive hula background. The hula basics are reviewed as we continue on to more difficult, involved hulas, both Kahiko (ancient) and 'auana (modern). There's a continuing focus on technique and performance skills. There will be public performances.

Wear a pa'u skirt — NO JEANS PLEASE! Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 10 weeks • Resident • \$100 / Non-Resident \$120  
Wed 8:15–9:15pm Apr 16–June 18 42301

Summer 6 weeks • Resident • \$60 / Non-Resident \$72  
Wed 8:15–9:15pm July 9–Aug 13 42302

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Hula classes for youth ages 5–10  
see page 28

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